
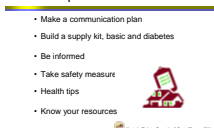





Being Prepared for a Disaster: When You Have Diabetes

Objective: The participant will be able to:

1. Prepare a family communication plan.
2. Assemble an emergency preparedness kit, including supplies specific to diabetes.
3. Identify guidelines to help protect health.
4. Be informed about available resources.

Slide	Content	Resources	Instructor's Notes
<p>Slide 1</p>  <p>Being Prepared for a Disaster: When you have diabetes</p>	<p>Being Prepared for a Disaster: When you have diabetes</p> <p>There is no way to predict when or where a natural or man-made disaster will occur. Being prepared at home, work/ school and in your community is the best way to be ready for the unexpected.</p>		
<p>Slide 2</p>  <p>Be Prepared for a Disaster</p> <ul style="list-style-type: none"> • Make a communication plan • Build a supply kit, basic and diabetes • Be informed • Take safety measures • Health tips • Know your resources 	<p>The Dept. of Homeland Security suggests three steps in being prepared.</p> <p>Step One <i>Prepare a family communication plan.</i></p>		
<p>Slide 3</p>  <p>Being Prepared For A Disaster</p> <p>Be prepared before the disaster at:</p> <ul style="list-style-type: none"> • Home • School • Work • Your community 	<p>A communication plan will help you be sure that all family members will know what to do, where to meet and who to call should an emergency occur.</p> <p>The plan should include a meeting place on or near your property <u>and</u> a location away from your home.</p>	<p>Provide a copy of the Family Communication Plan www.Ready.gov</p>	
<p>Slide 4</p>  <p>Being Prepared For A Disaster</p> <ul style="list-style-type: none"> • Make a communication plan • Build a disaster supply kit • Be informed about what might happen 	<p>Include contact information (preferably a phone number) for an out of town relative or friend can be helpful when communications are down through out the area.</p>		
<p>Slide 5</p>  <p>Being Prepared For A Disaster</p> <p>Step One: Communication Plan</p>	<p>It is important to have plans in place for home, if you have children, include school information. Ask your employer what, if anything will be required of you in case of a community disaster.</p>		

Slide 10

Being Prepared For A Disaster

On-going

- Be sure to update your plan and keep contents of disaster kit fresh (check your kit yearly)
- Don't forget to make arrangements for your pet!



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Tsunamis and hurricanes may not be a problem in our state but tornadoes, floods, forest fires and even earthquakes can be a real threat to people in Kentucky.

Man-made disasters such as a biological, chemical, radiation or nuclear threat can affect anyone of us.

It is the responsibility of all citizens to know what might occur, have a plan for what you and your family will do in the event of a natural or man-made disaster. Some disasters are easy to predict but others happen without warning. Planning what to do in advance is an important part of being prepared.

weave cotton materials for nose and mouth protection

- Basic first aid kit
- Battery powered weather radio and flashlight
- Extra batteries
- Cash or credit cards
- Important Family Documents

prescriptions, monitoring supplies and equipment, glucagon emergency kit, supplies to treat low and high blood reactions, insulated bag for diabetes supplies, comfortable/sturdy footwear, eyeglasses, and emergency contact info, in the disaster supplies kit. It is important to note that foods included in the kit be appropriate for persons with diabetes.

Slide 11

Being Prepared For A Disaster

Don't forget about your health when a disaster hits if you have diabetes:

- Try to stick to your meal plan and avoid unhealthy foods
- Check your feet & skin everyday and treat sores right away
- Make sure to take & record your blood sugar at least once a day or more
- Continue to take your medications as prescribed
- Wear diabetes identification
- Seek medical help when needed right away



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Don't forget about your health when a disaster hits**If you have diabetes:**

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- Continue to take your medications as prescribed
- Wear diabetes identification
- Seek medical help when needed right away
- Stress can cause blood sugar to rise
- Seek shelter from extreme weather
- Do not over exert yourself
- Stay hydrated by drinking plenty of water
- Follow your sick day guidelines
- Rest

For detailed information about assembling emergency supplies for individuals with diabetes refer to:

BD Getting Started Planning Your Diabetes Care... During Disaster Conditions

Display samples of real communications plans, disaster supplies kits and community readiness information.

Slide 12

Being Prepared For A Disaster





Don't forget about your health when a disaster strikes.



Remember:

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- Seek shelter from extreme weather
- Do not over exert yourself
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- Follow your sick day guidelines
- Rest



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<p>Slide 13 Being Prepared For A Disaster</p> <p>Local Resources</p> <ul style="list-style-type: none"> • Emergency Management office • Local health department • Local police and fire department • Red Cross / Salvation Army • HSRA (Health Services Resource Administration)  <p>Slide 14 Being Prepared For A Disaster</p> <p>State Emergency Resources</p> <ul style="list-style-type: none"> • Kentucky Office of Homeland Security • 1-866-797-KOHS or 5647 • http://www.homelandsecurity.ky.gov  <p>Slide 15 Being Prepared For A Disaster</p> <p>Federal Resources</p> <ul style="list-style-type: none"> • Federal Emergency Management Agency • 1-800-621-FEMA or 3362 • http://www.fema.gov • Ready.Gov • http://www.ready.gov/index.html  <p>Slide 16 Being Prepared For A Disaster</p> <p>National Resources</p> <ul style="list-style-type: none"> • American Red Cross • http://www.redcross.org/preparedness/cdc_english/CDC.asp • Salvation Army • 1-800-SAL-ARMY or 725-2769 • http://salvationarmyusa.org 	<p>Local Resources</p> <ul style="list-style-type: none"> • Emergency Management office • Local health department • Local police and fire department • Red Cross / Salvation Army • HSRA (Health Services Resource Administration) <p>State Emergency Resources Kentucky Office of Homeland Security</p> <ul style="list-style-type: none"> • 1-866-797-KOHS or 5647 • http://www.homelandsecurity.ky.gov <p>Federal Resources Federal Emergency Management Agency</p> <ul style="list-style-type: none"> • 1-800-621-FEMA or 3362 • http://www.fema.gov • Ready.Gov • http://www.ready.gov/index.html <p>National Weather Service</p> <ul style="list-style-type: none"> • http://www.nws.noaa.gov/ <p>Centers for Disease Control</p> <ul style="list-style-type: none"> • 1-800-CDC-INFO or 232-4636 • www.bt.cdc.gov/disasters <p>National Resources American Red Cross</p> <ul style="list-style-type: none"> • http://www.redcross.org/preparedness/cdc_english/CDC.asp <p>Salvation Army</p> <ul style="list-style-type: none"> • 1-800-SAL-ARMY or 725-2769 • http://salvationarmyusa.org 	<p>Stress to participants that challenges to emotional/mental health during a disaster is not uncommon.</p> <p>Reinforce the idea of Being Prepared- stress the importance of maintaining the plan, the disaster supplies kit and keeping current about possible events in participant's community.</p> <p>Work with the participants to begin writing their family communication plan, building a disaster supplies kit or becoming more aware of</p>	
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<p>Slide 17</p> <p>Being Prepared For A Disaster</p> <p>REMEMBER: The best way to be safe during a disaster is to be prepared before the disaster!</p> <ul style="list-style-type: none"> • Make your plan • Build and maintain your kit • Know what might happen • Organize and practice a family drill • Don't forget your health  <p>Slide 18</p> <p>Being Prepared For A Disaster</p> <p>Start now by identifying and writing down preparedness goals for you and your family</p> 	<p>REMEMBER: The best way to be safe during a disaster is to be prepared before the disaster!</p> <ul style="list-style-type: none"> • Make your plan • Build and maintain your kit • Know what might happen • Organize and practice a family drill • Don't forget your health <p>Identify and write down a personal goal.</p>		<p>what disasters might occur in their community's.</p>
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